

EC 850

eddy current technology by Precor Incorporated

PRECOR[®] USA

Owner's Manual
Professional
Cycle

Safety Information

Before beginning any fitness program, you should have a complete physical examination by your physician.

Read and observe the following safety guidelines when using the EC850 Professional Cycle:

- Read the Owner's Manual and follow all instructions. These instructions were written to ensure your safety and to protect the cycle.

Note for Club Owners: To ensure the proper use and safety of the EC850 cycle, make sure that all users review this manual. Please make this manual a part of your training program.

- Assemble and operate the cycle on a solid, level surface.
- Never allow children on the cycle. Never allow children to play unsupervised near the machine. Serious injury could occur due to a child's curiosity or interest in the moving parts of the cycle.
- Check the cycle before each use. Never use the cycle if it is not completely assembled or is damaged in any way.
- Keep hands away from moving parts.
- Do not use the EC850 if you weigh over 300 pounds. The weight limit for this cycle is 300 pounds.
- Wear proper exercise clothing and shoes for your workout—no loose clothing. Do not wear shoes with heels or leather soles. Tie long hair back.
- Use care when getting on and off the cycle. Do not rock the machine. Do not stand or climb on the handlebars or electronic console.
- Do not use accessory attachments that are not recommended by the manufacturer—such attachments might cause injuries or damage the unit.
- Make sure that the seat is securely fastened before using.
- Do not overexert yourself or work to exhaustion.
- Stop your workout immediately if you feel any pain or abnormal symptoms, and consult your physician.

By following the above precautions and using good common sense, you will have many safe and pleasurable hours of healthful exercise with your Precor EC850 Professional Cycle.

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1

Before You Begin

Congratulations on purchasing one of the most advanced cycles available—the Precor EC850 Professional Cycle. Built to the exacting standards of the health club environment, the EC850 Professional Cycle can withstand the rigors of daily club use with little maintenance.

The easy-to-use electronic console allows users to simply climb on and begin cycling. The chosen course is displayed on the three-dimensional course simulator along with the rider's position on the course. Throughout the workout, the electronics continually display statistics about distance travelled, pedal RPM, time remaining in the program, and fitness score. With the electronic pacer, users can easily maintain their intensity and judge their progress.

To maximize the use of the EC850 Professional Cycle, please study this manual thoroughly.

About this Manual

Inside this manual, you will find instructions for installing and using the EC850 Professional Cycle. You will also find an explanation of aerobic conditioning and suggestions for developing an EC850 fitness program.

The manual uses the following conventions for identifying special information:

Note: Contains additional information that applies to the preceding text.

Important: Indicates information to which you should pay special attention.

CAUTION: Indicates steps or information necessary to prevent harm to yourself or damage to the equipment.

2

Setting Up the EC850 Professional Cycle

The EC850 Professional Cycle comes fully assembled. You simply need to follow the installation requirements listed in this section and place the cycle in the appropriate location.

The cycle has a unique program that lets you determine which language and measurement system appears on the electronic console display. You can choose one of three languages: French, German, or English, and select either U.S. Standard or Metric as the measurement system. The Club Setting Program also enables you to limit workout time on the cycle so more people can use it. Instructions on how to use the program are found in this section.

Installation Requirements

Follow the installation requirements below when installing the cycle. *If you do not install the cycle according to the following guidelines, you could void the Precor warranty.*

- **Set up the EC850 cycle on a solid, flat surface.**
- **Use the appropriate voltage outlet and grounding as specified on the cycle.** The EC850 cycle is available in both 120-volt and 220-volt models. Refer to the cycle's identification label to determine the voltage and frequency that your cycle needs.

CAUTION: Do not use a non-grounded outlet. Electrical damage might occur if the EC850 cycle is connected to an improper power source.

Interconnecting Cycles

You can connect up to eight EC850 cycles together in a "daisy chain" fashion which eliminates the need for additional wall outlets.

To connect the cycles together, take the following steps:

1. Locate the outlet on the front of the cycle next to the ON/OFF power switch.
2. Connect the appropriate power cord from the outlet to the next cycle in line.

Caution: Do not use the outlet located on the front of the cycle for anything other than interconnecting EC cycles. Do not connect treadmills or other electrical appliances to this outlet.

Using the Club Setting Program

The Club Setting Program lets you customize your cycle with the following features:

- **Language**—The words displayed on the electronic console can appear in one of the three languages (French, German, or English). Typically, on the cycle you buy, the language is preset to English.
- **Workout time**—You can set a workout time limit between 2 and 60 minutes. For example, if a club owner sets the maximum workout time to 20 minutes, the cycle would allow users to specify a workout time from 2 to 20 minutes. Users could not specify a workout time longer than 20 minutes. When you buy the cycle, it is set to a maximum workout time of 60 minutes.
- **Measurement system**—You can choose between U.S. Standard or Metric. Typically, the cycle you buy is set to U.S. Standard.

Accessing the Club Setting program requires combining specific keys on the electronic console. This design helps secure the cycle from unauthorized access and changes.

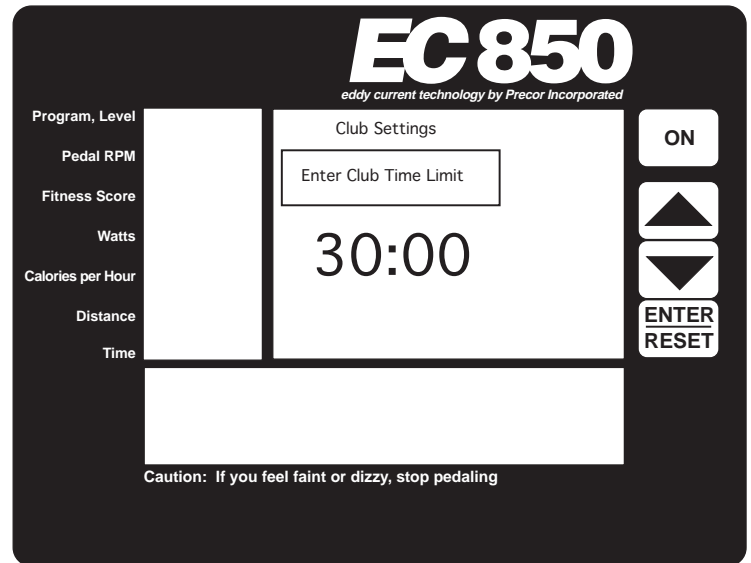
To use the Club Setting program, take the following steps:

1. Make sure that the cycle is located in an appropriate place and plugged in.
2. If the cycle is turned OFF, turn it ON using the ON/OFF power switch. This switch is located on the front of the cycle, near the power cord.
3. To display the initial start-up prompt, press the ON key.

Note: If the cycle is already ON and EC850 is scrolling across the bottom of the display. You can press any key and the initial start-up prompt, “**Choose Workout Program**” will appear.

4. When the start-up prompt “**Choose Workout Program**” appears, access the Club Settings program by simultaneously pressing and holding the ON and ▲ keys for a minimum of 5 seconds.
5. Release both keys when the Club Settings screen appears on the console.
6. At the “**Enter Language Selection**” prompt, specify the language you want by using the ▲ and ▼ keys. Press ENTER/RESET when the desired language is displayed. The Club Setting screen appears as shown in Diagram 1.

Diagram 1 Club Settings screen



7. At the **“Enter Club Time Limit”** prompt, specify the maximum workout time by using the ▲ and ▼ keys. Use the ▲ key to raise the time displayed; Use the ▼ key to lower the time displayed.

The cycle provides a maximum workout time of 60 minutes. You can change the settings and limit workout sessions to any one of the following: 2, 4, 6, 8, 10, 12, 14, 16, 18, 20, 24, 28, 30, 40, 50, 60 minutes.

When the desired time limit appears, press the ENTER/RESET key.

8. At the **“Enter Machine Units”** prompt, use the arrow keys to select the measurement system, either U.S. Standard or Metric, then press ENTER/RESET.

The **“Choose Workout Program”** prompt appears and the cycle is ready for use.

3

Using the EC850 Professional Cycle

The EC850 Professional Cycle is designed so users can work out without instruction or training. The directions on the console and the prompts on the screen will guide a user through the entire workout session. Before the cycle is used, however, we recommend familiarizing yourself with it so it will be used safely and effectively. This section covers the following information:

- an overview of the features provided on the electronic console
- information about adjusting seat height
- information about adjusting the handlebars
- instructions for turning the cycle on and off
- an explanation about using the cycle in manual mode (workout program 0)
- instructions for exercising on the cycle
- instructions for designing a customized exercise program (two custom courses can be designed—workout programs 8 and 9)

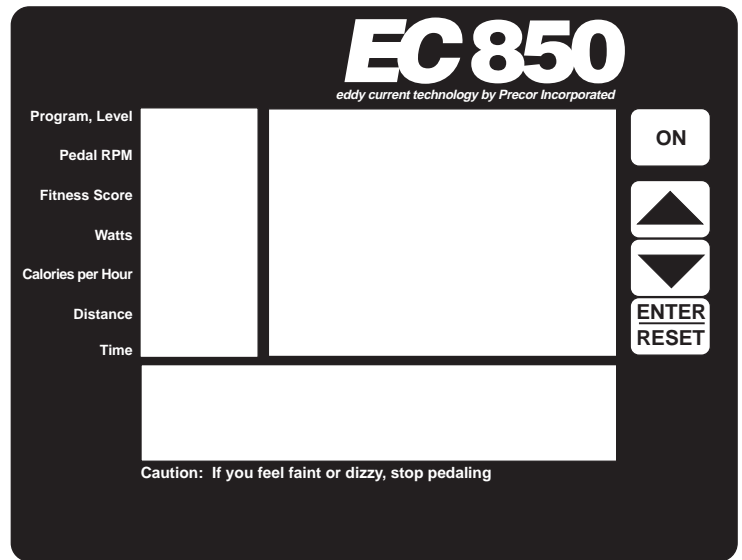
Understanding the Electronic Console

Once the EC850 cycle is set up, it is ready to use. There are no complex instructions to follow or mandatory programming steps required to operate the cycle. Simply select one of the 10 workout programs, then specify how hard and how long you want to work. As you exercise, the electronic console provides motivation and presents constant feedback about your progress.

A screen-saver feature causes the console displays to disappear 2 minutes after a workout program ends. If you stop exercising and take more than a 2 minute break, your workout session ends and the screen-saver feature produces blank window displays. While the left and right window displays remain blank, “**EC850 Press any button to begin exercise**” appears and scrolls across the bottom window display.

Diagram 2 illustrates the EC850 electronic console. Its keys and displays are explained on the following pages.

Diagram 2 *EC850
Electronic
console display*



Keypad

The electronic console keypad has four keys:

ON: When starting a workout, press the ON key and the initial start-up prompt, “**Choose Workout Program**” appears on the display.

▲ and ▼ keys: Use the arrow keys to move through the selections that appear on the console’s display.

ENTER/RESET: Press this key to choose the displayed value or selection. After you press ENTER/RESET, the electronics will remember what you specified and continue to the next function or prompt.

If you are using a specific program during a workout and want it to end, press ENTER/RESET. Your Performance Summary appears. To cancel the program and return to the initial start-up prompt, press ENTER/RESET again. The start-up prompt, “**Choose Workout Program**” appears on the display. You can then begin another exercise program or end your workout.

Left Display Window

The left display on the electronic console provides information about your workout session:

Program: Indicates the workout program selected for an exercise session. You can choose between 0 and 9 by using the arrow keys.

Level: Shows the selected effort level, from 1 to 9. The higher the number you select, the more resistance you receive. You can change the effort level anytime during a workout by using the arrow keys to increase or decrease the resistance.

Pedal RPM: Shows pedal speed in revolutions per minute (RPM). Use this display to determine *exercise intensity* (how hard you are working out) at any given moment.

Fitness Score: Shows a fitness score from 1 to 100 percent. The fitness score is associated with the pacer and helps you determine whether or not you are using the correct exercise level. To maintain a 100% fitness score you must finish the program at the same time as the pacer. You will exceed 100% if you finish ahead of the pacer and be below 100% if you finish behind the pacer.

If you can easily maintain a 100 percent fitness score, you might want to choose a more challenging workout next time. However, if you have difficulty maintaining a high enough score, you might want to choose a lower exercise level.

Watts: Indicates the amount of energy currently being expended.

Calories per Hour: Indicates the number of calories burned per hour. Use this display, along with Calories Used and Pedal RPM, to determine *exercise intensity* (how hard you are working out) at any given moment.

Calories Used: Provides the number of calories burned in the workout. The cycle determines calories based on a 160 pound rider, so if your weight is different, you should use the displayed information only as a reference.

Distance: Shows how far you have travelled, in either miles or kilometers. Use this information to measure *total work* accomplished during a workout.

Time: Lists the amount of time remaining on the course you are using. Use this display to pace yourself during a workout.

Goal Setting: Indicates the anticipated targets the user will achieve at the selected program or effort level. The goals you set are affected by the speed, workload, and time of your workout session. When you enter a time after the “**Enter Workout Time**” prompt, the display “**Your Goals Are**” appears in the left window display and provides the basis for your workout and performance summary.

Right Display Window

The right display window on the electronic console prompts you to enter specific information, graphically displays a pacer, and provides information about incline:

Pace Tempo: Provides a tempo for you to follow. The pacer provides motivation and helps you maintain exercise intensity. During a workout, if you change the effort level, the pace tempo changes to reflect the new level.

While you workout, the console displays a roadway with two triangles, one on each side of the centerline. The shaded triangle on the left side is the pacer; the triangle on the right side represents you.

If your speed remains even with the pacer, the triangles remain the same size. If you are behind the pacer, the pacer appears to move ahead and become smaller in size. When your speed is greater than the pacer’s, the triangle that

represents you appears to move ahead and become smaller in size.

Hill Profile: Appears in the upper right-hand corner of the screen. It provides a graphic representation of the current grade of incline in the course. Below this window, you will see a number that represents the relative effort level of that part of the course. A “1” represents the easiest and a “9” represents the most difficult level.

Performance Summary: Appears at the end of your workout. The workout statistics appear as a percent of your goals and indicate whether or not you met the goals you set for the total calories burned, distance covered, and time elapsed. Review your workout statistics to determine how well you did.

Bottom Display Window

Program Profile: The course profile that appears in the bottom window display corresponds to the program you selected. As you proceed through your workout, the left portion of the profile becomes shaded indicating the course segments you have already completed.

Adjusting the Seat

Before starting a workout, you should position the seat properly to avoid strain on your knees. Take the following steps to adjust seat height.

1. To check for proper seat position, sit on the seat of the cycle with both feet in the pedals (make sure that the balls of your feet are centered on the pads). The knee of the extended leg should be slightly bent, 10 to 15

Photo 1 *Proper leg position*

A 10 to 15
degree bend

degrees (see Photo 1).

2. If you need to adjust the seat, dismount and hold the post underneath the seat with one hand. With the other hand, pull out the seat post adjustment

Photo 2 *Adjusting the seat*

Seat post
adjustment pin

pin located on front of the seat post (see Photo 2).

3. Slide the seat post up or down into the desired position.
4. Release the seat post adjustment pin.

CAUTION: Make sure that the seat is securely in place before using the cycle for a workout.

5. Before sitting on the cycle, press down firmly on the seat to make sure no slippage occurs and the pin is properly seated in the appropriate hole.
6. Sit on the cycle's seat again and, if necessary, follow steps 2 through 5 to readjust the seat height.

Adjusting the Handlebars

You can adjust the handlebars on the EC850 within a six inch adjustment span to provide the most comfortable ride possible.

To adjust the handlebars, take the following steps:

1. Sit on the cycle with your hands on the handlebars. You should be in a relaxed, comfortable riding position.
2. If you need to adjust the handlebars, dismount and locate the lever on the right side of the console column.
3. Loosen the handlebar shaft by turning the lever counterclockwise.
4. Place your hands on the lower flat portion of the handlebars (one of each

side of the handlebar shaft).

5. Pull the handlebars toward you to decrease the distance between the seat and the handlebars. (Slide the handlebars in the opposite direction to increase the distance).

Note: You can increase or decrease the distance between the seat and the handlebars within a 6 inch span. You cannot pull the handlebar shaft completely out of the console column because a safety bar holds the shaft in place.

6. When you feel that the handlebars are in the proper position, tighten the lever by turning it clockwise.

Important: Do not sit on the seat and adjust the handlebars. Be sure the handlebars are secure before you mount the cycle.

7. Sit on the cycle in a comfortable riding position with your hands on the handlebars. If necessary, follow steps 2 through 6 to readjust the handlebars.

Turning the Cycle ON and OFF

Use the ON//OFF power switch to turn the cycle ON and OFF. This switch is located on the front of the cycle, near the power cord. It takes about 45 seconds for the electronic console displays to appear after the cycle has been turned ON and you press the ON key.

Use the ON//OFF power switch to turn OFF the cycle when it is not being used for any length of time. For example, have the cycle turned OFF during non-business hours.

Using Manual Mode (Workout Program 0)

In addition to choosing a preprogrammed or custom course, you can choose manual mode. Manual mode is the same as the workout program "0," which lets you control your effort level while the program is in progress.

After you select program "0," the program's course profile appears in the bottom window display and shows a flat, constant course. The Hill Profile appears in the upper right corner of the right window display and indicates an incline level of 5. Use the arrow keys to change your effort and incline levels; as you change the levels, the segments in the profiles also change.

- A low level profile represents the least amount of effort required and the lowest number of calories burned.
- A high level profile represents the highest amount of effort required and the greatest number of calories burned.

As you proceed through your workout, the left portion of the course profile becomes shaded indicating the course segments you have already completed.

Exercising on the EC850 Cycle

This section explains how to exercise on the cycle. The EC850 comes with seven preprogrammed courses. These courses differ in the “terrain” you cover. Each course includes warm-up and cool-down intervals appropriate to the total course length.

All seven preprogrammed courses can be performed at any of the nine effort levels. To select the effort level appropriate for your level of fitness, start with level 1 (beginner exercise). If you receive a score of 100 percent, continue to the next highest level. Each time you receive a 100 percent score, you should advance to the next effort level for a more challenging workout.

Note: The fitness score is associated with the pacer and helps you determine whether or not you are using the correct exercise level. To maintain a 100% fitness score you must finish the program at the same time as the pacer. You will exceed 100% if you finish ahead of the pacer and be below 100% if you finish behind the pacer.

In addition to the preprogrammed courses, you can choose a custom course that you or the club owner has designed. Two custom courses can be created (for instructions, see *Designing a Customized Course* later in this section). You can also select manual mode (program 0) which lets you control your effort level while the program is in progress.

Once you have answered the start-up prompts and started exercising in a workout program, you can exit the program by pressing ENTER/RESET. Pressing this key cancels the program. The cycle displays your Performance Summary, then the initial start-up prompt.

CAUTION: Before beginning any fitness program, you should have a complete physical examination by your physician.

To exercise on the cycle, take the following steps:

1. Check to see that the cycle is turned ON. If it is turned OFF, turn it ON using the ON/OFF power switch. This switch is located on the front of the cycle, near the power cord.
2. Sit on the cycle. Make sure that your weight is balanced and your feet are positioned securely, with the balls of your feet centered on the pads. You might need to adjust the seat and handlebars to comfortable positions. (Refer to *Adjusting the Seat* and *Adjusting the Handlebars* for instructions.)
3. Press the ON key. The initial start-up prompt, “**Choose Workout Program**”

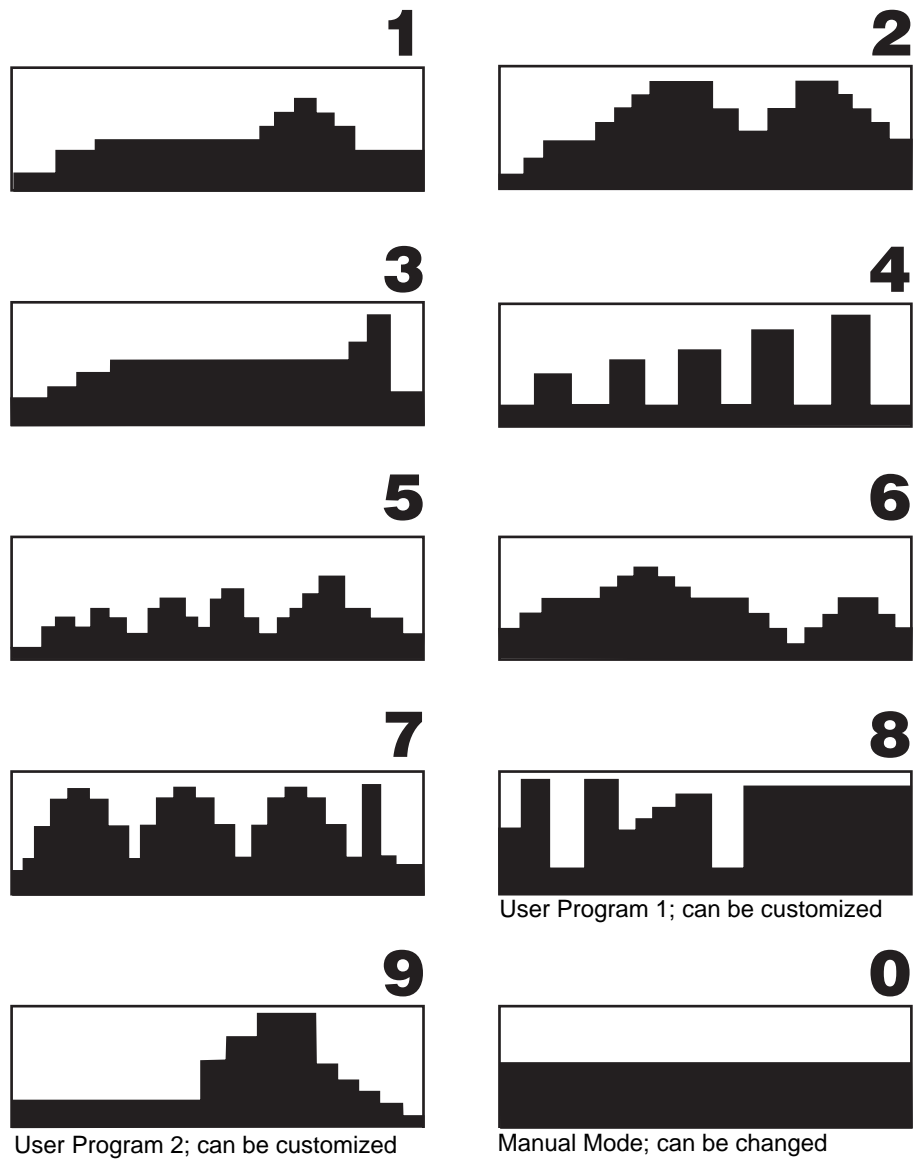
appears.

Note: If the cycle is already ON and EC850 is scrolling across the bottom of the display. You can press any key and the initial start-up prompt, “**Choose Workout Program**” will appear.

4. Once the “**Choose Workout Program**” prompt appears, select a program using the arrow keys.

Select from the seven preprogrammed courses, two custom courses, or

Diagram 3 *Profiles of the preprogrammed courses*



manual mode (program 0). To help you select from the preprogrammed courses, Diagram 3 illustrates the course profiles.

Note: You might want to remember or write down the program number. By specifying the same number again you can repeat the workout.

5. When the desired workout program number is displayed, press ENTER/RESET.
-

6. If the “**Choose Effort Level**” prompt appears, specify the effort level or resistance you prefer by pressing the arrow keys. *This prompt will not appear if you chose program 0 in Step 4.*

Nine different effort levels are available:

- | | | | |
|---|----------------------|---|----------------------|
| 1 | Beginner exercise | 6 | Heavy exercise |
| 2 | Beginner weight loss | 7 | Light competition |
| 3 | Weight loss | 8 | Moderate competition |
| 4 | Light exercise | 9 | Heavy competition |
| 5 | Moderate exercise | | |

Note: To repeat the exact workout again, you need to specify the same effort level number in addition to the program number.

7. Once the desired effort level number appears, press ENTER/RESET. The “**Enter Workout Time**” prompt appears.
8. Use the arrow keys to specify how long you want to work out. The displays in the left window (Calories Used, Distance, and Time) change as you scroll through the units of time. When the desired amount of time is displayed, press ENTER/RESET.

The Club Settings program lets club owners limit the length of time allowed for a workout. When specifying a workout time, you can choose any time up to, but not longer than, this limit. For example, if the time limit is at 30 minutes, you can set a workout time from 2 to 30 minutes. You cannot specify a workout time longer than 30 minutes.

After you enter a workout time, the Goal Setting display “**Your Goals Are**” appears in the left window showing the target amounts you can achieve with the workout selected.

9. To start your workout, begin pedaling.

During a workout, you can change your effort level using the arrow keys. Doing this affects how hard you work, but does not change the profile of the course unless you are using Manual mode (program 0).

10. Continue your workout until the program ends. Maintain your exercise intensity by pedaling with the pacer.

Note: We do not recommend exercising faster than the pacer since it is provided to help you work out. If you want a more difficult exercise session, select a different program or a higher effort level.

11. When the selected exercise program ends, review your performance

summary.

We recommend that you keep track of your workouts by writing them down. This way you can monitor your progress toward your fitness goals and also use the information as a reference in planning interesting and challenging workouts in the future.

Designing a Customized Course

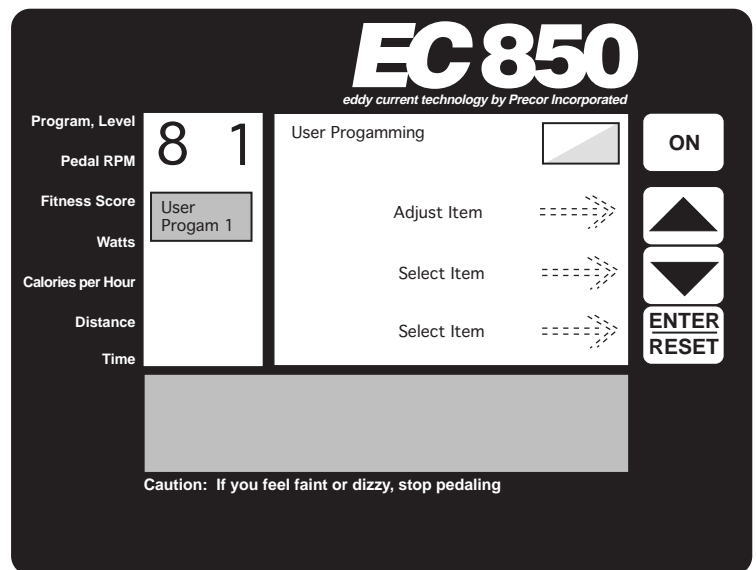
The EC850 Professional Cycle lets you design two custom courses: program “8” and program “9.” To access these courses, you need to press a specific combination of keys on the electronic console. This design helps secure the cycle from unauthorized access and changes.

To design a custom course, take the following steps:

1. Check that the cycle is turned ON. If it is turned OFF, turn it ON using the ON/OFF power switch. This switch is located on the front of the cycle, near the power cord.
2. Press the ON key. The initial start-up prompt, “**Choose Workout Program**” appears.

Note: If the cycle is already ON and EC850 is scrolling across the bottom of the display. You can start pedaling, press the ▲ and ▼ keys, or press ENTER/RESET and the initial start-up prompt, “**Choose Workout Program**” will appear.

Diagram 4 *User Programming screen*



3. Access the User Programming screen by pressing and holding ON and ▼ simultaneously for a minimum of 5 seconds.
4. Release both keys when you see the User Programming screen. In the upper left-hand window, “**User Program 1**” will be highlighted as shown in Diagram 4.

Note: User Program 1 represents program 8 and User Program 2 represents program 9.

5. Make sure that the program name you want to modify is shown in the left window display. To select the other program, press the ▲ key.

Note: If you accidentally press the ▼ key when selecting a program name, continue to press the ▼ key and cycle through all 24 segments in the course profile until the highlight returns to the program name.

6. Press the ▼ key to move the cursor to the course profile window.
7. Begin modifying the profile as desired. The highlighted segment of the profile indicates your position. Any changes that you make occur only in the highlighted segment of the profile.

- Press the ▲ key to change the height of the profile in the highlighted segment area. Repeatedly pressing the ▲ key, cycles you through all the heights allowed. For example, when the maximum height is displayed, another push of the ▲ key returns the profile to the lowest height.

Keep in mind as you specify heights that 1 represents the lowest resistance and 9 represents the greatest resistance. To help you, the window in the upper right-hand window shows the incline of the current selection.

- Press the ▼ key to move to the next segment of the profile. Each

4

Getting the Most Out of Your Workout

profile consists of 24 segments.

Once you reach the 24th segment, the cursor moves from profile view to program name, and the program name is highlighted.

8. If desired, modify the other program by returning to Step 5.
9. When you are finished, press ENTER/RESET to save your changes.

The initial start-up prompt, "**Choose Workout Program,**" appears and the cycle is ready to use.

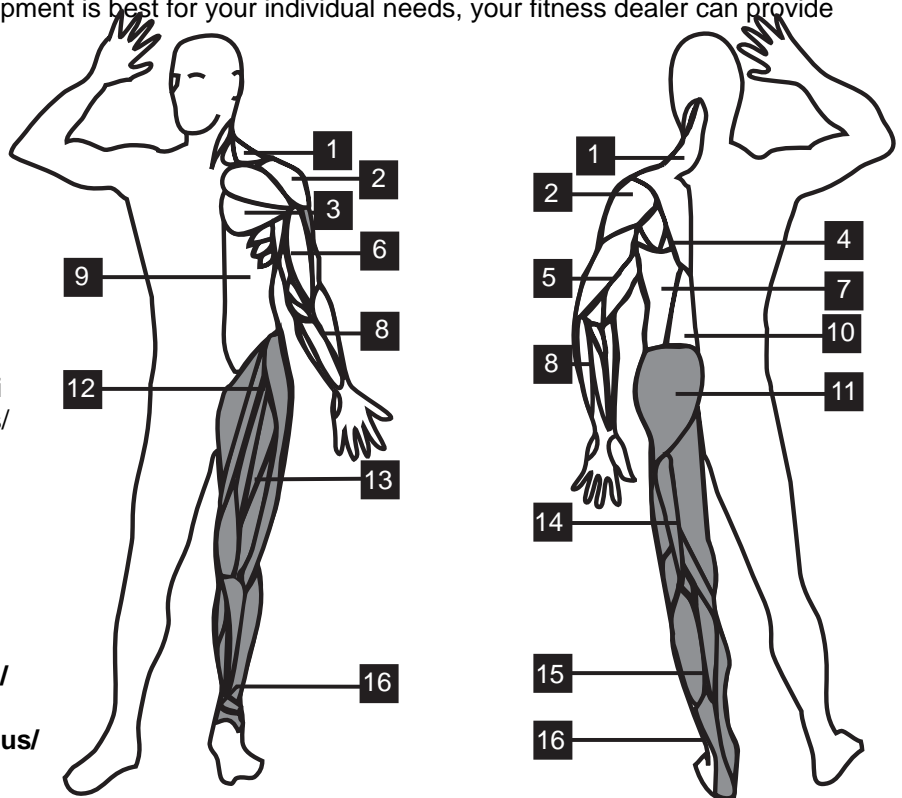
A workout on the EC850 Professional Cycle provides excellent and efficient cardiovascular conditioning, while strengthening and toning all the major muscle groups in the lower body. Darkened areas in Diagram 5 indicate the muscles worked.

To get the most out of each workout, a general understanding of the principles behind aerobic training is invaluable. The best source of information is your specialty fitness dealer. In addition to providing information on which exercise equipment is best for your individual needs, your fitness dealer can provide

Diagram 5

Muscles exercised during an EC850 workout

1. Trapezius
2. Deltoid
3. Pectorals
4. Rhomboids
5. Triceps
6. Biceps
7. Latissimus Dorsi
8. Forearm Flexors/Extensors
9. Abdominals
10. **Erector Spinae**
11. **Gluteals**
12. **Hip Flexors**
13. **Quadriceps**
14. **Hamstrings**
15. **Gastrocnemius/Soleus**
16. **Peroneus Longus/Brevis**



advise on training, technique, and exercise physiology. Your dealer can also recommend good books on these subjects.

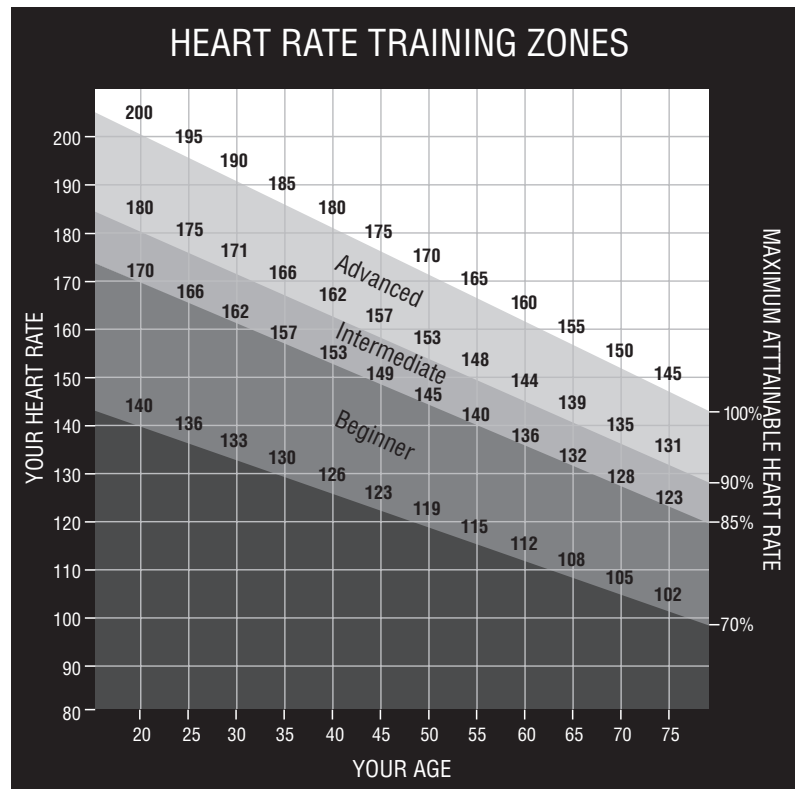
To help you get started in planning and carrying out your fitness program, this section provides some basic information on aerobic exercise—such as how hard you should workout, how long each session should be, and how often you need to exercise to benefit from a regular program.

How Hard Should I Exercise?

Studies show that to achieve the benefits of aerobic exercise, it is necessary to work out hard enough to raise your heart rate to a certain minimum level, called the “training zone.” Your training zone depends on your age and level of fitness.

Refer to Diagram 6 to determine your training zone. Keep in mind that this zone is an approximation, to be used as a guideline—individual heart rates vary according to several physiological factors. To determine your training zone, or

Diagram 6
Training zones



target heart rate, find your age and fitness level on the diagram, and then find the line where they intersect. For example, if you are 35 years old, your training heart rate at the intermediate fitness level is 157 beats per minute. Remember this number—this is the pulse rate you should try to maintain as you work out.

To determine your heart rate, take your pulse at a place that you can reach easily and comfortably while you exercise. Typical places for measuring heart rate are directly over the heart on the left side of the chest, on either side of the

neck, over the temple, or on the thumb side of either wrist. Wherever you measure your pulse, make sure that you use your index and middle fingers—not your thumb. Your thumb has a strong pulse which can affect your heart rate reading.

Once you locate your pulse, look at a clock with a second hand, and count the beats for six seconds. Multiply that number by 10 to determine the total number of beats per minute. For example, if you count 14 beats over six seconds, the total number of beats per minute is 140. Compare the total number of beats with your training zone as identified in Diagram 6. If necessary, increase or decrease your activity to bring your heart rate into your training zone. You can regulate how hard you (and your heart) work by choosing different effort levels. *Remember—your heart rate is the definitive measure of how hard you are working.*

Regardless of your fitness level, avoid doing too much too soon. Selecting too hard a course or too high an effort level are common errors. Give yourself time to become familiar with your cycle and to improve your fitness level. Then you can gradually increase the effort level or course difficulty to make your workouts more challenging.

How Long Should I Exercise?

The length of each exercise session depends on your fitness level. Exercise physiologists have determined that, to attain cardiovascular benefits from exercise, you should maintain your heart rate in its training zone for at least 15 minutes. This is in addition to your warm-up time, and does not include cool down. You should always allow several minutes to bring your heart rate into your training zone, by starting out slowly and gradually increasing work level. Similarly, use several minutes of light exercise after the workout to bring your heart rate down to near resting level.

The higher your fitness level, the longer you should maintain your heart rate in the training zone (between 20 and 30 minutes). Beginners should always start slowly, and gradually increase their sessions to 20 minutes or more.

How Often Should I Exercise?

Research indicates that aerobic sessions of 20 minutes or more should be done at least three to five times a week to obtain significant cardiovascular benefits. Most experts agree that sensible eating habits and regular aerobic exercise are the keys to weight control and fitness. A recent study, which tracked several subjects over a period of years, conclusively showed that exercise, not dieting, is the key factor to long-term weight loss.

5

Maintaining the EC850 Professional Cycle

Because of its advanced design, the EC850 cycle requires little maintenance beyond periodic cleaning, which is explained in this section. Keep in mind that, as owner of this machine, you are solely responsible for its maintenance.

If you encounter problems with the cycle, follow the instructions in *Using the Diagnostic Program*. This program performs some basic diagnostic routines that can help you troubleshoot problems.

CAUTION: Unplug the cycle from the power outlet before performing any maintenance tasks, such as cleaning.

Cleaning the Cycle

Clean the outer cabinet using normal over-the-counter products made for cleaning plastic and rubber. Do not use these products on the electronic console since they will scratch its surface.

Clean the surface of electronic console with a damp sponge or soft cloth. You can use mild soap and warm water (not hot) to clean the console. Dry the surface thoroughly with a clean towel.

Important: Do not pour liquids on the electronic console and take special care when cleaning the electronic console display to avoid scratching its surface.

Using the Diagnostic Program

The EC850 cycle provides a Diagnostic program to help you troubleshoot most problems that might arise. When you first access this program, it automatically tests the operation of the main computer functions. If these functions pass, you can test the operation of the keys and the speed sensor, Hall 1. If any test fails, the EC850 cycle must be serviced. See *Getting Service* for details.

Note: The speed sensor, Hall 2, is not used on the EC850 cycle.

Accessing the Diagnostic program requires pressing a specific combination of keys on the electronic console. This design helps secure the cycle from unauthorized access and changes.

To access the Diagnostic program, take the following steps:

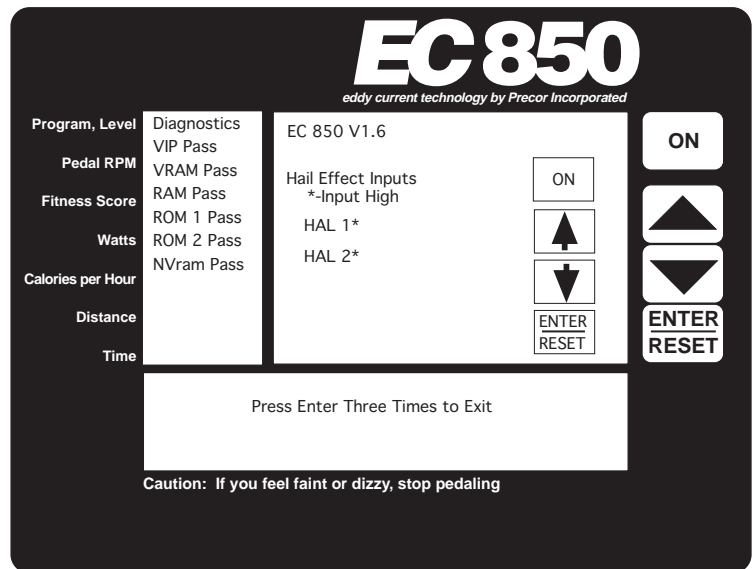
1. If the cycle is turned off, turn it ON using the ON/OFF power switch.

2. Press the ON key. The initial start-up prompt, “**Choose Workout Program**” appears. (The display may take a minute to appear.)

Note: If the cycle is already ON and EC850 is scrolling across the bottom of the display, press any key and the initial start-up prompt will appear.

3. When the “**Choose Workout Program**” prompt appears, access the Diagnostic program by simultaneously holding down the ON and ENTER/RESET keys for a minimum of 5 seconds.
4. Release the keys when you see the Diagnostic screen as shown in Diagram 7.

Diagram 7 *Diagnostic screen*



5. Watch the screen as the Diagnostic program automatically executes six tests. These tests check the operating condition of several of the main computer functions. All six of these tests must succeed before the displays in the right and bottom windows appear.

VID (Video)
 VRAM (Video RAM)
 RAM (System RAM)
 ROM1
 ROM2
 NVRAM (Non-volatile RAM)

6. Using the Diagnostic screen, test the keypad operation by pressing each key and watching the right window display.

The display has a graphic representation of the four keys. When you press a key and it is operating correctly, the corresponding box will highlight. If the box does not highlight when a key is pressed, or if the box remains highlighted after the key is released, the electronic console overlay might be defective.

7. Test the Hall 1 speed sensor by SLOWLY moving the pedals. Continue pedaling for about 1 minute. The asterisk to the right of "Hall 1" will blink on and off if the sensor is working correctly. If the asterisk stays solid, the cycle needs servicing. Please note that only Hall 1 is used; ignore Hall 2.
8. To exit the Diagnostic program, either turn the cycle OFF then ON, or press ENTER/RESET three times. In either case, the initial start-up prompt, "**Choose Workout Program**," appears.

Getting Service

Do not attempt to service an EC850 cycle yourself except for the maintenance and diagnostic tasks described in this manual. The EC850 cycle does not contain any user-serviceable parts.

To contact a Precor Commercial Products Customer Service Representative, call 1-800-347-4404.

Appendix A. Specifications

Chassis

Welded steel uni-frame construction

Readouts

Multi-functional motivational digital display:

- Program and level selection
- Pedal RPM
- Fitness score
- Watts (resistance level)
- Calories/hour
- Calories used
- Distance
- Time (in minutes)
- Hill profile
- Motivational pacer

Display Panel Programming Modes

- Seven computer-stored aerobic programs
- Two open channels to design personal programs
- Manual program
- Race/cruise interval training program (9 gradually-progressing levels)
- Standard program features 2-60 minutes in user-selectable and self-programming modes
- Automatically determines user's time, calories, and distance goals
- Provides periodic feedback to goals completed during workout

Specifications

Handlebar Adjustment:	Range adjustment 6 inches
Seat adjustment height:	From 34 to 45 inches
Length:	50 inches
Width:	24 inches
Weight:	135 pounds
Power requirements:	110/220VAC, 60/50 Hz
Shipping weight:	145 pounds

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